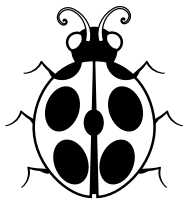


Supplementary **M**aterials

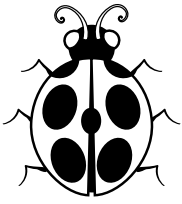


Foods in the Food Guide Pyramid

Copy this worksheet. Cut each square out along the lines. Laminate each square if possible.

Each square should contain one food. Hold up one square. Ask clients to identify which section of the Food Guide Pyramid the food belongs in. Use the Answer Sheet to check client's answers.

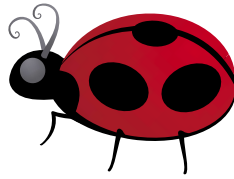
RICE	KASHA	WONTON WRAPPERS
TOMATILLOS	LYCHEE	PAPAYA
PLANTAIN	CHORIZO	YOGURT
COLLARD GREENS	MANGO	PASTA
BLACK BEANS	QUESO BLANO	TORTILLA
CABBAGE	KUMQUAT	PORK
BEEF	MILK	EGGS



Foods in the Food Guide Pyramid

Answer Sheet

RICE Bread, Cereal, Rice & Pasta Group	KASHA Bread, Cereal, Rice & Pasta Group	WONTON WRAPPERS Bread, Cereal, Rice & Pasta Group
TOMATILLOS Vegetable Group	LYCHEE Fruit Group	PAPAYA Fruit Group
PLANTAIN Fruit Group	CHORIZO Meat, Poultry, Fish, Dry Beans, Eggs & Nut Group	YOGURT Milk, Yogurt & Cheese Group
COLLARD GREENS Vegetable Group	MANGO Fruit Group	PASTA Bread, Cereal, Rice & Pasta Group
BLACK BEANS Meat, Poultry, Fish, Dry Beans, Eggs & Nut Group	QUESO BLANO Milk, Yogurt & Cheese Group	TORTILLA Bread, Cereal, Rice & Pasta Group
CABBAGE Vegetable Group	KUMQUAT Fruit Group	PORK Meat, Poultry, Fish, Dry Beans, Eggs & Nut Group
BEEF Meat, Poultry, Fish, Dry Beans, Eggs & Nut Group	MILK Milk, Yogurt & Cheese Group	EGGS Meat, Poultry, Fish, Dry Beans, Eggs & Nut Group



Links, Referrals and Other Resources

Books

Burgard, D. L., Lyons, P. (2000). Great Shape: The First Fitness Guide for Large Women.

Dillman, Erika. (2001). The Little Soy Book. New York: Warner Books.

Duffy, Roberta Larson. (1998). The American Dietetic Association's Food & Nutrition Guide. Minnesota: Chronimed Publishing.

Egan, Jeanette Parsons. (1999). Soy! Soy! Soy!.

Pivonka, E., Berry, B. (2002) 5 a Day: The Better Health Cookbook. New Jersey: Rodale.

Urdaneta, Maria Luisa & Kanter, Daryl F. (1996). Healthy Mexican American Cooking, Deleites de la Cocina Mexicana: A Bilingual Cookbook.

Nutrition Links

5 A Day

<http://www.5aday.com>

A Primer on Fats and Oils

<http://www.eatright.com/nfs/nfs0301b.html>

Background on Adult Nutrition, Health and Physical Activity (6 pages)

<http://ifc.org/proactive/newsroom/release.vtml?id=17500>

Caffeine and Women's Health (7 pages)

<http://ifc.org/proactive/newsroom/release.vtml?id=17689>

Cultural and Ethnic Food and Nutrition Education Materials: A Resource List for Educators

www.nal.usda.gov/fnic/pubs/bibs/gen/ethnic.html

Native American Food Guide Pyramid (3 pages)

www.aaip.com/tradmed/tradmedfoodguide.html

Nutrition Education for New Americans Project--various culturally-adapted Food Guide Pyramids (11 pages)

<http://monarch.gsu.edu/nutrition/download.htm>

Nutrition and Your Health: Dietary Guidelines for Americans, 2000 (44 pages)

www.health.gov/dietaryguidelines/dga2000/DIETGD.PDF

Recipes and Tips for Healthy Thrifty Meals (78 pages)

www.usda.gov/cnpp/Pubs/Cookbook/thriftym.pdf

Preparing Nutritious Meals at Minimal Cost (35 pages)
[http://www.usda.gov/cnpp/FoodPlans/TFP99/food\\$pdf.PDF](http://www.usda.gov/cnpp/FoodPlans/TFP99/food$pdf.PDF)

Thrifty Food Plan, 1999 (138 pages)
<http://www.usda.gov/cnpp/FoodPlans/TFP99/TFP99Report.pdf>

Using the Dietary Guidelines for Americans
<http://www.usda.gov/cnpp>

Physical Fitness Links

Chair Dancing
<http://www.chairdancing.com>

Commuter Aerobics
<http://www.commuteraerobics.com>

Weight-Control Information Network (WIN)
<http://www.niddk.nih.gov/health/nutrit/nutrit.htm>

Addiction Links

You Can Control Your Weight as You Quit Smoking (8 pages)
<http://www.niddk.nih.gov/health/nutrit/pubs/quitsmok/index.htm>

Alcohol and Tobacco (61 pages)
<http://www.niaaa.nih.gov/publications/arh24-4/toc24-4.htm>

Alcohol and Stress (74 pages)
www.niaaa.nih.gov/publications/arh23-4/toc23-4.htm

Alcohol and Women 7 pages)
<http://www.niaaa.nih.gov/publications/aa10.htm>

Are Women More Vulnerable to Alcohol's Effects? (5 pages)
<http://www.niaaa.nih.gov/publications/aa46.htm>

Alcohol and Nutrition (4 pages)
<http://www.niaaa.nih.gov/publications/aa22.htm>

Aging and Alcohol Abuse (2 pages)
<http://www.niaaa.nih.gov/publications/agepage.htm>

What is Moderate Drinking? (62 pages)
<http://www.niaaa.nih.gov/publications/arh23-1/toc23-1.htm>

Gender Differences in Moderate Drinking
<http://www.niaaa.nih.gov/publications/arh23-1/toc23-1.htm>
 Alcoholism (6 pages)
<http://www.niaaa.nih.gov/publications/booklet.htm>

Como Disminuir Su Habito de Ingerir Alcohol (4 pages)
<http://www.niaaa.nih.gov/publications/spancut.htm>

Alcohol Use Among Special Populations (61 pages)
<http://www.niaaa.nih.gov/publications/arh22-4/toc22-4.htm>

Alcohol, Hormones and Postmenopausal Women (5 pages)
<http://www.niaaa.nih.gov/publications/arh22-3/185.pdf>

Consequences of Alcohol Use (9 pages)
<http://www.niaaa.nih.gov/publications/arh22-3/211.pdf>

Alcohol-Medication Interactions (5 pages)
<http://www.niaaa.nih.gov/publications/aa27.htm>

Second Hand Smoke Links

Children and Second Hand Smoke—English (2 pages)
<http://www.epa.gov/iaq/pubs/graphics/etsbroch.pdf>

Children and Second Hand Smoke—Spanish (2 pages)
<http://www.epa.gov/iaq/pubs/graphics/etsbrosp.pdf>

Websites

American Dietetic Association
<http://www.eatright.org>

- Calcium for Strong Bones and Teeth (English and Spanish)
- Culturally Adapted Food Guide Pyramid tear sheets
- 7 Steps to healthful Eating (English and Spanish)
- 7 Steps to a Healthy Weight (English and Spanish)
- 7 Steps to Home Food Safety (English and Spanish)
- 7 Steps to Being More Active (English and Spanish)
- Nutrition Fact Sheets
- Healthful Eating for Your Young Child (English and Spanish)

California Smokers' Helpline

<http://www.CaliforniaSmokersHelpline.org>

Cancer Information Service

1-800-4-CANCER

1-800-332-8615 (TTY)

Center for Nutrition Policy and Promotion

<http://www.usda.gov/cnpp>

- *The Dietary Guidelines for Americans, 2000*
- The Interactive Healthy Eating Index (IHEI), an online dietary assessment tool that includes nutrition messages. After providing a day's worth of dietary information, you will receive a "score" on the overall quality of your diet for that day
- *Food Portions and Servings: How Do They Differ*
- *Recipes and Tips for Healthy, Thrifty Meals*
- *Are All Food Guide Pyramids Created Equal*

Culturally Adapted Food Guide Pyramids

<http://www.nal.usda.gov/fnic/etext/000023.html#xtocid2381818>

National Cancer Institute

<http://cancer.gov>

National Institutes of Health

Osteoporosis and Related Bone Disease National Resource Center

<http://www.osteoporosis.org/>

National Osteoporosis Foundation

<http://www.nof.org>

The Society for Nutrition Education

<http://www.sne.org>

Click on Resources and then click on Weight Realities Division for a list of pamphlets, programs, magazines and professional resources.

Using the Dietary Guidelines for Americans

<http://www.usda.gov/cnpp>

Order 1-50 copies of this pamphlet from the Federal Consumer Information Center toll-free at 1-888-878-3256. To purchase more than 50 copies, call the Government Printing Office at (202) 512-1800.

WebMD

<http://www.webmd.com>

Incentive Items

5 A Day catalog
Produce for Better Health
1-800-391-2100
<http://www.5aday.com>

Healthy Traditions Cooking Series: The Flavors of Mexico, Asia and African America
Community Wellness and Prevention Program
Healthy Traditions Cooking Videos
597 Center Ave., Suite 115
Martinez, CA 94553

California Department of Health Services
Cancer Detection Section Clearinghouse
Michelle Musutto
916-445-3656
800-511-2300
mmussuto@dhs.ca.gov
Partnerships can purchase cutting boards, water bottles, shopping lists, and whistles

Commuter Aerobics audiocassette
Cinder Ernst
PMB 198
1459 18th Street
San Francisco, CA 94107
650-738-1221
<http://www.commuteraerobics.com>

Professional Resources

Ask A Dietitian
1-800-366-1655

American Cancer Society
1599 Clifton Road NE
Atlanta, GA 30329
1-800-227-2345
American Dietetic Association
216 West Jackson Boulevard
Chicago, IL 60606
<http://www.eatright.org>

American Institute for Cancer Research
 1759 R Street, NW
 Washington, DC 20009
 202-328-7744
<http://www.aicr.org>

California Smokers' Helpline
 University of California, Davis Family and Preventive Medicine
 9500 Gliman Drive 0905
 La Jolla, CA 92093
 858-713-1599
 1-800-No BUTTS (English)
 1-800 45-NO FUME (Spanish)
 1-800-400-0866 (Chinese)
 1-800-778-8440 (Vietnamese)
 1-800-556-5564 (Japanese)
 1-800-933-4TDD (Hearing Impaired)
 1800-844-CHEW (Tobacco Chewers' Helpline)
<http://www.CaliforniaSmokersHelpline.org>

Center for Nutrition Policy and Promotion
 1120 20th Street, NW
 Suite 200, North Lobby
 Washington, DC 20036
 202-418-2312
<http://www.usda.gov/cnpp>

Consumer Nutrition Hotline
 1-900-225-5267
 Food and Nutrition Information Center
 National Agriculture Library
 US Department of Agriculture
 10301 Baltimore Avenue
 Room 304
 Beltsville, MD 20705
 301-504-5719
<http://www.usda.gov/fnic>

International Food Information Council
 1100 Connecticut Avenue, NW
 Suite 430
 Washington, DC 20036
 202-296-6540
<http://ifnicinfo.health.org>

Minority Health Resource Center
 PO Box 37337
 Washington, DC 20013
 1-800-444-6472

NASCO Nutrition Teaching Aids
 4825 Stoddard Road
 Modesto, CA 95356
 209-545-1600
<http://www.enasco.com>

National Cancer Institute
 National Institutes of Health
 31 Center Drive, Building 31
 Room 10A07
 Bethesda, MD 20892
 1-800-422-6237
<http://www.cancernet.nci.nih.gov>

National Health Information Center
 PO Box 1133
 Washington, DC 20013
 1-800-336-4797

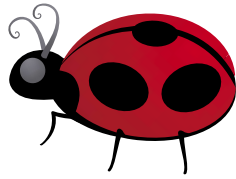
NCES® Books and Resources
 1904 East 123rd Street
 Olathe, KS 66061
 1-877-NCES-BOOKS

- NCES® Food Foundation for Fitness, for the “Seasoned Citizen” slide presentation
- NCES® Food Foundation for Physical Fitness, for the “Seasoned Citizen” slide presentation
- NCES® Food Foundation for Food Safety, for a Healthier You slide presentation
- NCES® Food Model Kits, Life formâ Food Replicas

Partnership for Prevention
 1233 20th Street, NW
 Suite 200
 Washington, DC 20036
 202-833-0009
<http://www.prevent.org>

Society for Nutrition Education
 7107 Wisconsin Avenue, NW
 Suite 901
 Bethesda, MD 20814
 301-656-4938

Weight-Control Information Network (WIN)
1 WIN Way
Bethesda, MD 20892
1-877-946-4627
<http://www.niddk.nih.gov/health/nutrit/nutrit.htm>



References

- American Cancer Society. (2002). Cancer prevention and early detection: Facts and figures 2002. Available: www.cancer.org/eprise/main/docroot/STT/stt_0.
- American Cancer Society. (1999). Living Smart: The American Cancer Society's Guide to Healthy Eating and Being Active. (Item # 99-100M-NO. 2042-CC)
- American Cancer Society. (1999). American Cancer Society Guidelines for Nutrition and Cancer Prevention. (Item # 99-75M-NO. 2021-CC)
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- Buhler, P. Stress Management. Trade and Industry, Vol. 54, No. 5, p. 17.
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- Goodloe, A., Bensahel, J., & Kelly, J. (1984). Managing Yourself-How to Control Emotion, Stress and Time. New York: Franklin Watts.
- Harvard Center for Cancer Prevention. (1996) Harvard report on cancer prevention volume 1: causes of human cancer. Cancer Causes Control, 7:S55.
- Jamner, M. S. & Stokols, D. (Eds.) (2000). Promoting Human Wellness: New Frontiers for Research, Practice, and Policy. Berkeley: University of California Press.
- Maibach, E. & Parrott, R. L. (Eds.) (1995). Designing Health Messages: Approaches from Communication Theory and Public Health Practice. California: Sage Publications.
- Powell, D, Singer, C, & Brownson-Booth, J. (1989). Systematic Stress Management Instructor Manual. Michigan: American Institute for Preventive Medicine.
- Sarafino, Edward P. (1998). Health Psychology: Biopsychological Interactions, third ed. New York: John Wiley & Sons, Inc.

Simons-Morton, B.G., Greene, W.H., Gottlieb, N.H. (1995). Introduction to Health Education and Health Promotion, second edition. Illinois: Waveland Press.

Thordike, Robert M. (1997). Measurement and Evaluation in Psychology Education, sixth ed. New Jersey: Prentice Hall.

